"JET SWEEP"

Shotgun spread adjustments and complementary plays

Effingham High School

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Program Background

- 2 Platoon System: practice and game (mostly)
- We have both a power game and a spread game
- Started with Wing-T, went to spread when we couldn't field TE's anymore.
- Learned the jet sweep at Wing-T camps and implemented it into our shotgun spread offense
- We game plan how to run our sweep first and then what we will do when they take it away

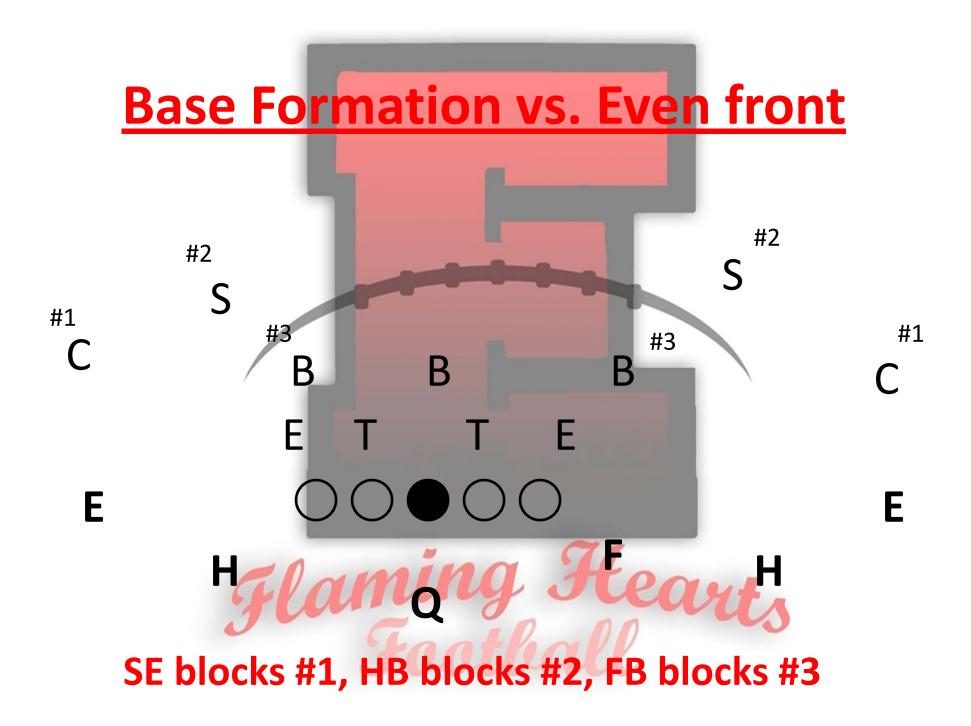
Our jet sweep is the most important running play in our spread offense. All other plays are based on how the opponents will align and defend the sweep.

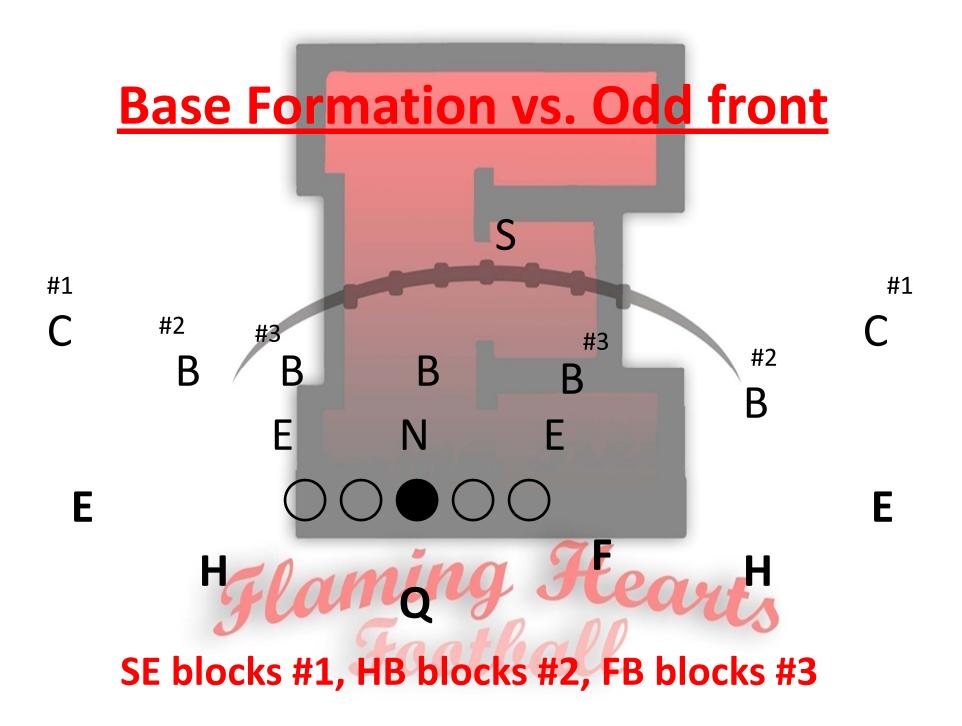
We always practice this play with our center. It is imperative to constantly work on the timing and consistency of the snap and the handoff.

Our QB's are exceptional at taking bad snaps and still getting the ball to the HB.

Interior Blocking

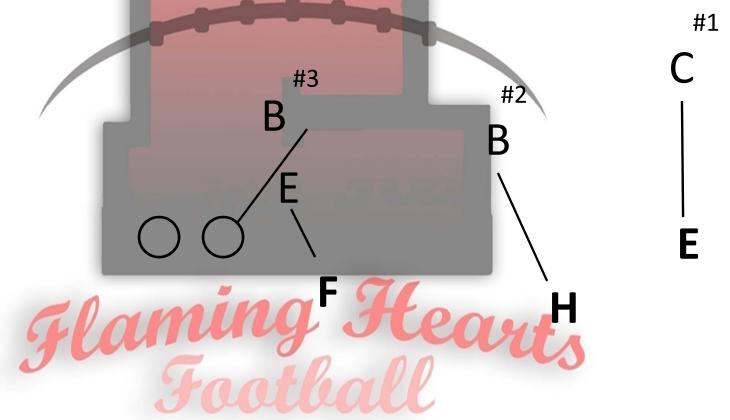
- PST has the most important block. Hook the DE, no penetration (pull step try to work butt to the sideline) If crosses your nose, kick him out.
- Rest of offensive line will zone block. They must get a body on a body and turn their butt to a sideline
- Used to pull PSG, but could not get in front of the RB. Zone blocking sets up one of our complementary plays





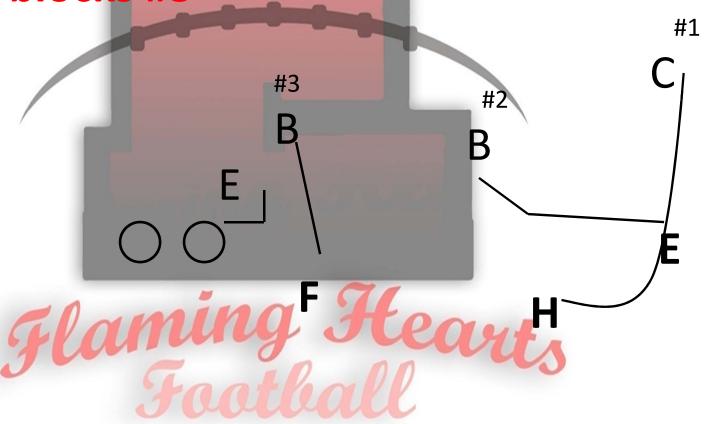
Blocking Adjustments

 Down: FB blocks down on DE, OT blocks #3, SE blocks #1 and HB blocks #2



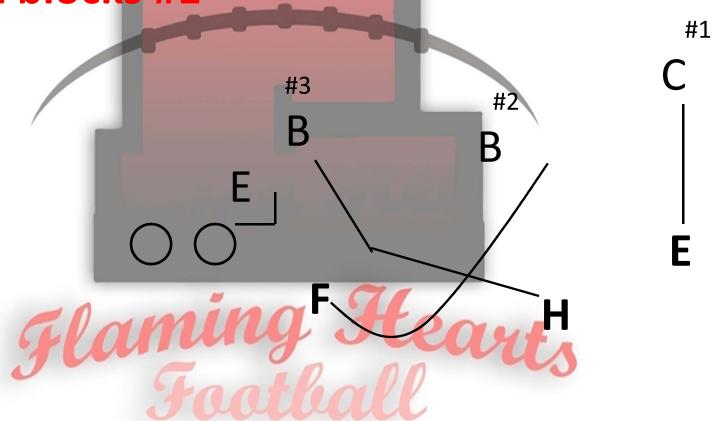
Blocking Adjustments

 Pepper: SE crack blocks #2, HB arc's to #1, FB blocks #3



Blocking Adjustments

 Switch: HB crack blocks #3, FB arc's to #2, SE blocks #1

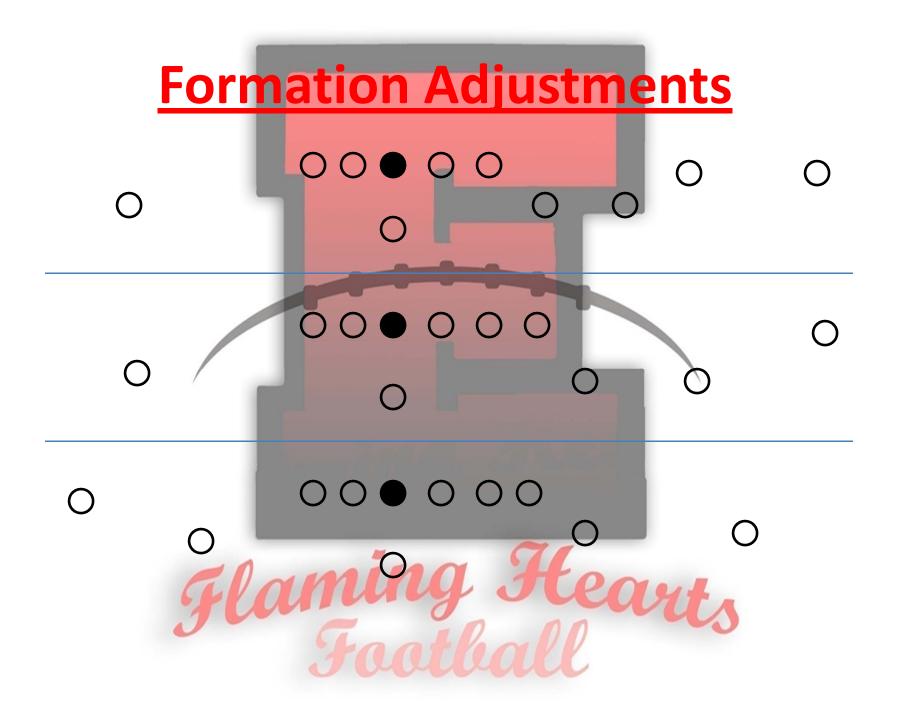


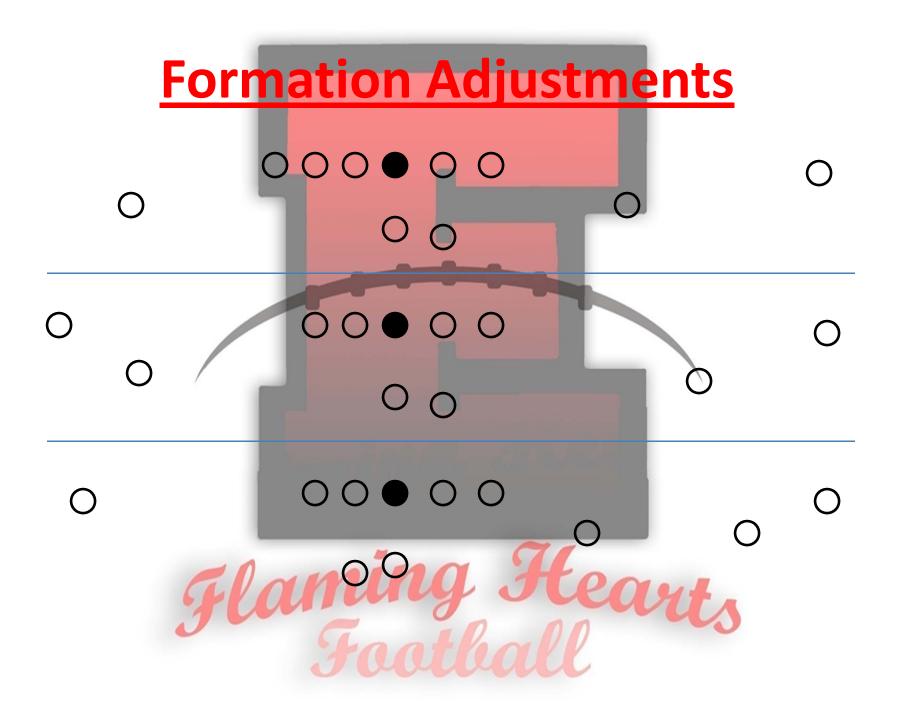
Blocking Coaching Points

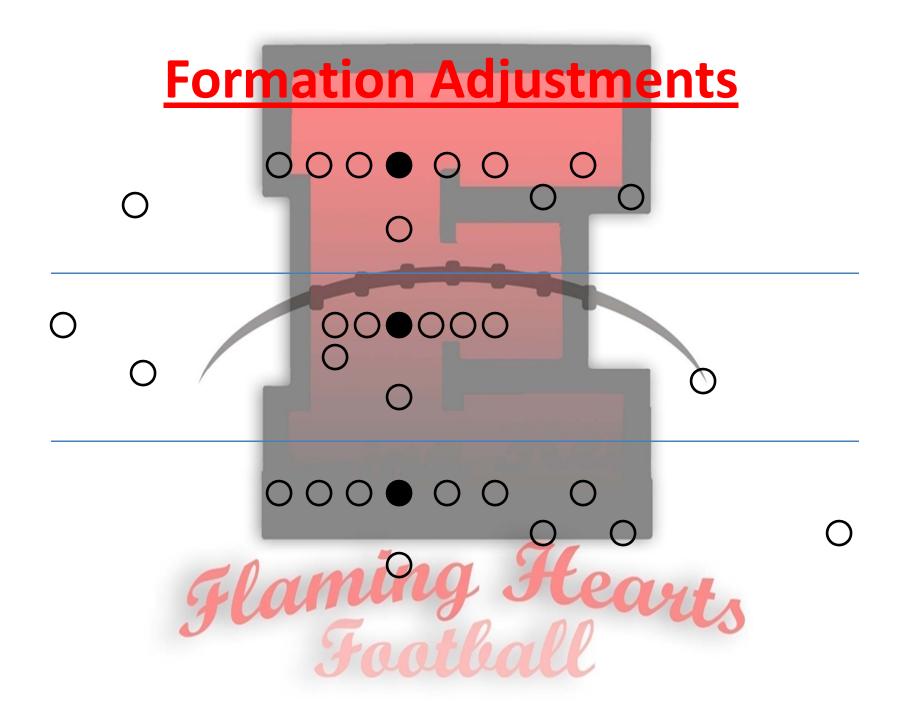
- Communicate on every play
- Everyone keep a body on a body
- SE, HB, FB: step on their toes, keep feet moving read the eyes of the defender
- Give RB good reads, turn butt to a sideline
- Crack blockers must take crossover flat steps

HB/QB Coaching Points

- QB must have a consistent cadence to make an immediate handoff without waiting
- HB adjusts alignment to receive handoff at <u>full speed</u>
- HB: full speed motion, good pocket, eyes up
- HB: be prepared to cut up if penetration is too deep
- HB: belly back after handoff to avoid penetration, read butts of your blockers







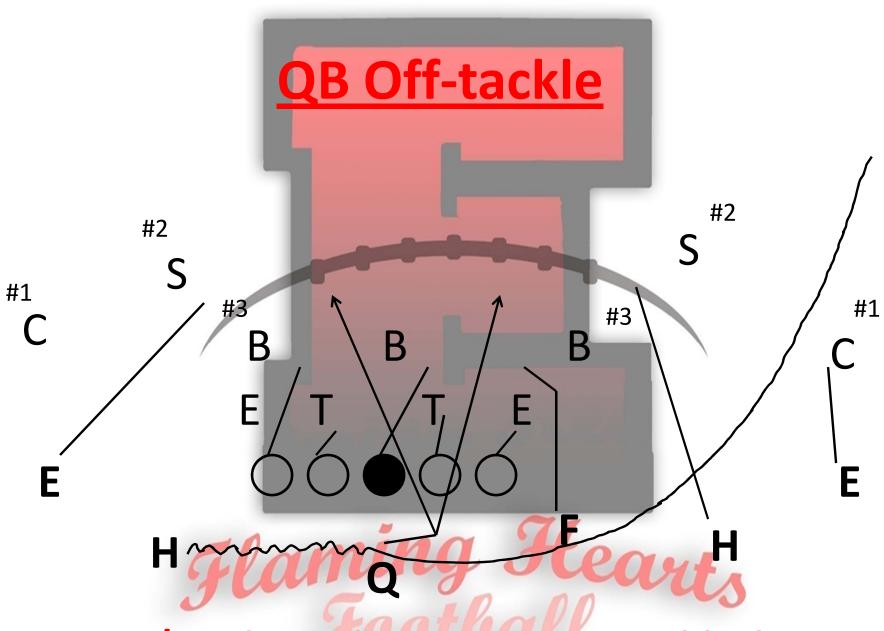


QB Off-tackle

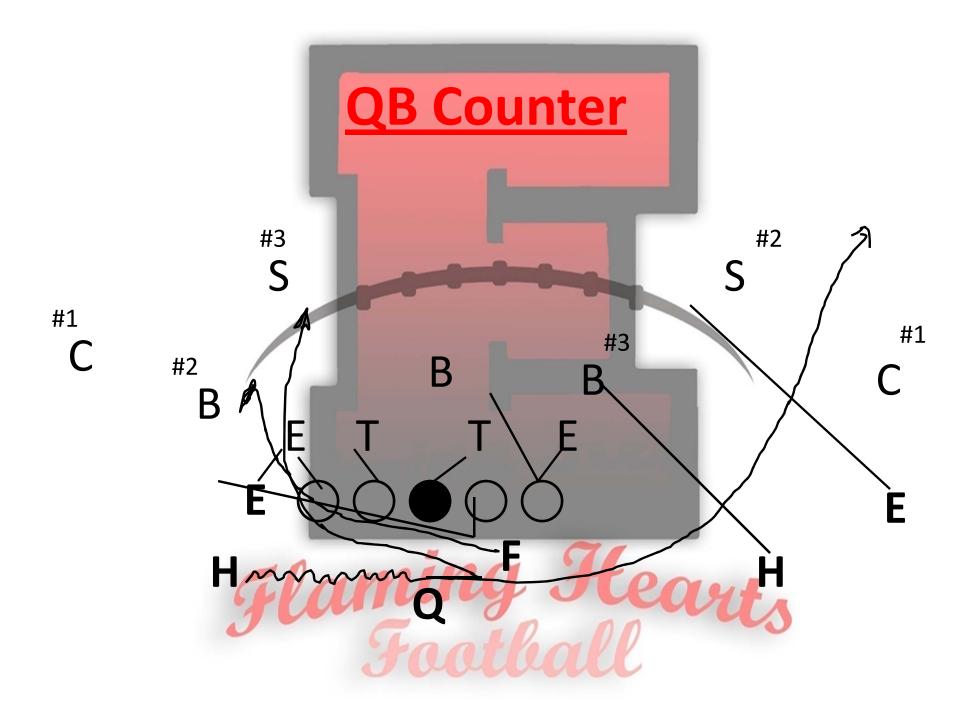
QB Counter

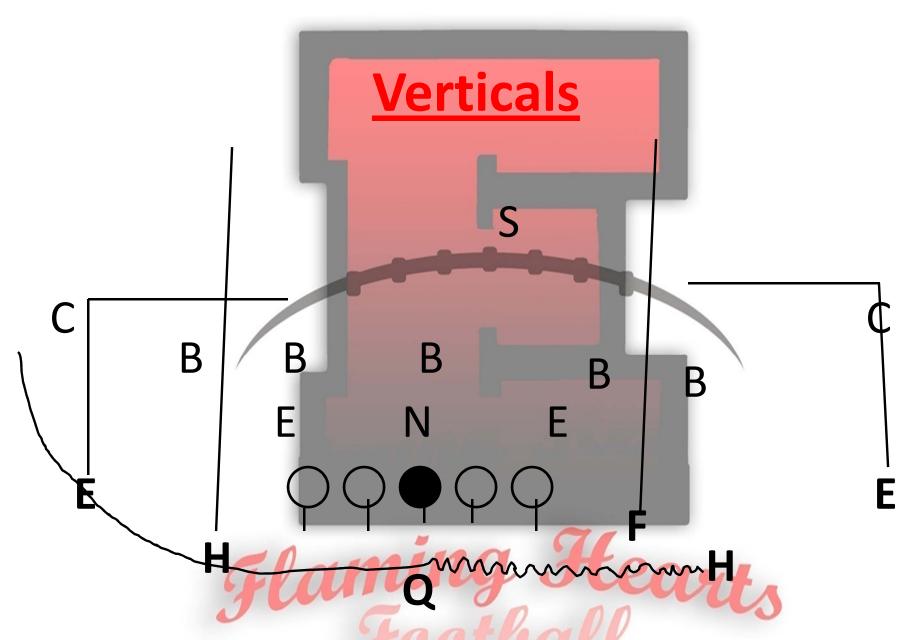
Verticals Pass

• Flat Pass laming Hearts Football

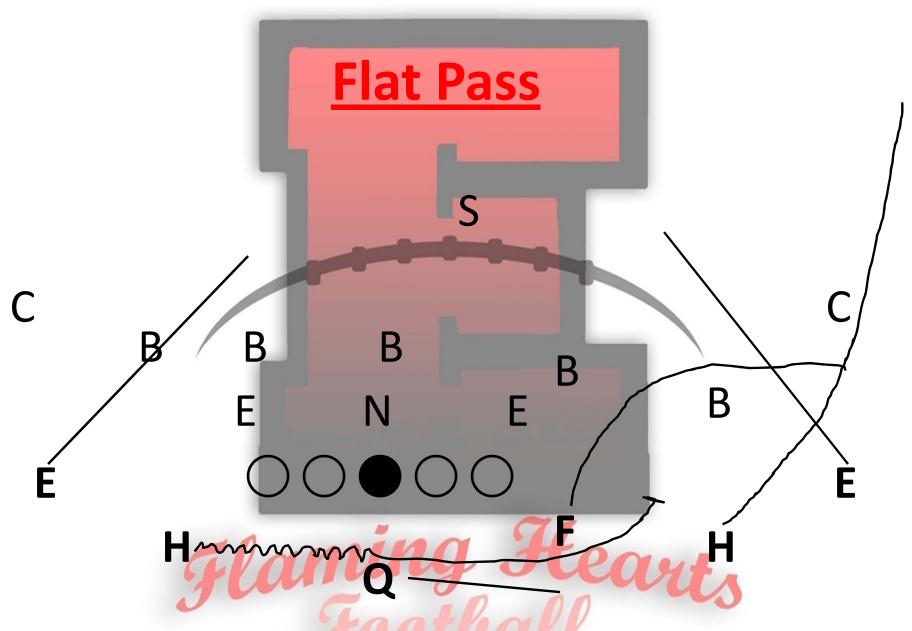


PSG/PST have the option to cross block





QB looks off the safety and reads vertical to dig



QB reads OLB looks seam to flat